



Also available
in Spanish



*Effective Substance Abuse and
Mental Health Programs
for Every Community*

All Stars™

All Stars™ is a school- or community-based program designed to delay the onset of or prevent high-risk behaviors in middle school-age adolescents, 11 to 14 years old. It affects youth substance use, violence, and premature sexual activity by fostering development of positive personal characteristics. A highly interactive program, All Stars involves 9 to 13 lessons during its first year and 7 to 8 booster lessons in its second year.

All Stars is based on strong research that has identified the critical factors that lead young people to begin experimenting with substances and participating in other high-risk behaviors. The program is designed to reinforce positive qualities typical of youth at this age; it works to strengthen five specific qualities vital to achieving preventive effects:

- Developing positive ideals and future aspirations
- Establishing positive norms
- Building strong personal commitments
- Promoting bonding with school and community organizations
- Promoting positive parental attentiveness

All Stars is available in formats for delivery in schools as part of regular classroom instruction and in after-school and community-based organizations and programs.

Proven Results

- Increased commitment to avoid substance use and other high-risk behaviors
- Increased adoption of a belief in positive peer group norms that make substance use, violence, and premature sexual activity unacceptable
- Reduced substance abuse by 40% to 60%*
- Reduced sexual activity 80%*
- Increased belief that substance use and high-risk behaviors would interfere with one's desired lifestyle
- Increased bonding to school

**At immediate posttest.*

INTERVENTION

Universal

Selective

Indicated



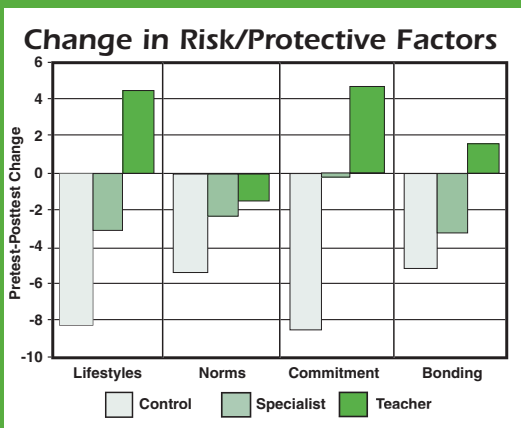
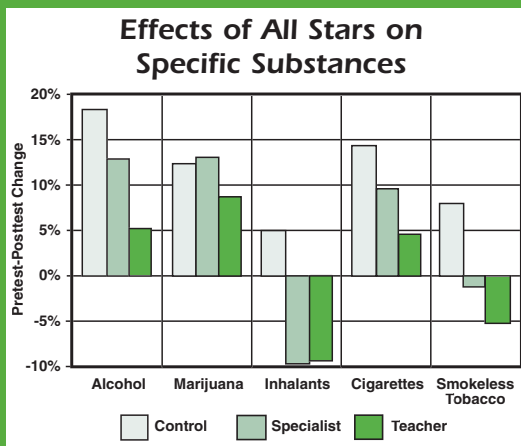
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

OUTCOMES

Short-term results for All Stars indicated:

- Improvements in each of the risk and protective factors targeted by the program
- Reductions in substance use
- Delays in the onset of sexual activity
- Better results with the teacher format than the specialist format

An analysis of how the program achieved its effects indicates that the most important factor was whether or not teachers were successful in changing targeted risk and protective factors. The conclusion drawn is that program implementers must be sure to address the specific factors targeted by the program.



TARGET POPULATION

The All Stars core program targets young adolescents before they have begun to participate in the targeted risky behavior, typically sixth and seventh graders; however, program initiation depends on the school system's structure. The booster program is designed for implementation 1 year after the core sessions. All Stars has been tested in rural, suburban, and urban settings with children from diverse ethnic and socioeconomic backgrounds, at sites in Arizona, Colorado, Florida, Georgia, Illinois, Kentucky, Massachusetts, Montana, Nebraska, North Carolina, Oregon, Texas, and Washington.

All Stars Junior (currently under evaluation) is designed as a preparatory intervention for fourth and fifth grade students, and is taught as part of science, math, and language arts classes. All Stars Senior (also currently under evaluation) is designed as a high school followup taught in health classes.

BENEFITS

- Emphasizes the development of positive character and positive environments
- Promotes positive norms that support the choice to avoid high-risk behaviors
- Promotes perceptions that high-risk behaviors will interfere with desired and valued lifestyles
- Strengthens bonds to positive social groups and institutions that promote positive values
- Increases the amount of positive attention young adolescents receive from parents and other respected adults

HOW IT WORKS

All Stars is a guided multiyear program that is delivered to all students or group members on a weekly basis. The program is packaged in three different formats (described below), each designed to meet a specific need. In each format, students are engaged through:

- Small group activities
- Group discussions
- Enjoyable and meaningful worksheet tasks
- Videotaping
- Games
- Art activities

Students receive a personalized certificate documenting voluntary commitments. Commitment rings—symbolic reminders of commitments made—are optional. The booster program uses similar methods with an additional community service component.

Parents and important adults participate through homework assignments. Parents also participate in a separate training meeting and receive an audio CD that presents seven strategies for positive parenting.

The **teacher format** is designed for use by classroom teachers. It is recommended that delivery be augmented with the assistance of school guidance counselors. This format involves:

- Thirteen 45-minute classroom lessons for the core program
- Eight 45-minute classroom lessons for the booster program
- Optional one-on-one meetings with individual students
- A celebration ceremony to conclude the program

The **specialist format** is designed for use by prevention professionals from community prevention agencies who visit schools or organizations as outside experts. It has the same classroom lessons and activities as the teacher format.

The **community format** is designed for use in non-classroom settings including after-school programs, faith community and community programs, recreation programs, and day camps. The program includes the same activities as the other two formats, but the lessons change to:

- Nine 60-minute group meeting lesson plans in the core program
- Seven 60-minute group meeting lesson plans in the booster program

IMPLEMENTATION ESSENTIALS

Training

A 2-day training session, provided by Tanglewood Research staff and authorized trainers, is highly recommended for teachers and anyone who plans to deliver the program. Teachers who have run the program report (as preliminary research also suggests) that continued training significantly boosts program effectiveness. Training includes:

- A thorough explanation of key concepts that underlie the program
- An introduction to methods, including strategies for addressing unanticipated events
- Continuing toll-free telephone technical assistance

Materials

Materials are purchased directly from Tanglewood Research. Order forms are available online at www.tanglewood.net/products/allstars/All_Stars_Order_Form.pdf. All costs are documented on the order form.

Reusable materials include teacher manuals, a movie slate (for use with videotaping sessions), and an All Stars banner. Consumable materials include student worksheets, special forms for certificates, software for producing certificates, parent CDs, and a \$20 gift certificate for purchasing office supplies and student prizes.

Target Areas

Protective Factors To Increase

Individual

- Idealism and an orientation toward the future
- Belief in conventional norms
- Commitment to avoid high-risk behaviors

Family

- Communication with parents
- Parental monitoring and supervision
- Establishment of clear rules and standards
- Expressions of love and affection
- Discipline at times when it is appropriate
- Motivation to provide a good example

School

- Bonding to school
- Student-teacher communication
- Parental support for school prevention activities

Community

- Commitment to be a productive citizen
- Participation in community-focused service projects

Peer

- Visibility of positive peer opinion leaders
- Establishment of conventional norms about behavior

Risk Factors To Decrease

Individual

- Perceived pressure to participate in substance use

Family

- Parental tolerance of deviance

Peer

- Offers and pressure from peers to use substances
- Identification and exclusion of negative peer role models

PROGRAM BACKGROUND

All Stars began in 1993 with the goal of creating the single most effective programmatic intervention for early adolescents possible, given what was known about modifiable risk and protective factors associated with substance use onset and experimentation. All Stars is the accumulation of nearly 25 years of research by Dr. William B. Hansen, the program developer.

EVALUATION DESIGN

All Stars was pilot tested from 1994 to 1995. The program was also field tested with an independent evaluation conducted by Dr. Nancy Harrington of the University of Kentucky, from 1995 to 1998. That study involved the assignment of schools to one of three conditions: 1) Control (no All Stars), 2) Teacher (delivered by classroom teachers), or 3) Specialist (delivered by trained outside specialists).

All evaluations have assessed targeted risk and protective factors. Independently evaluated field trials include an assessment of substance use, fighting, and sexual activity. All measures are currently available free of charge online at www.tanglewood.net/products/allstars/survey.htm.

Two national longitudinal studies of All Stars' school classroom and community versions are currently being conducted by Colorado State University and University of Kentucky. Results are expected in 2002.

PROGRAM DEVELOPER

William B. Hansen, Ph.D.

Dr. William B. Hansen, president of Tanglewood Research, is a widely recognized expert in substance abuse prevention. Besides All Stars, Dr. Hansen has written numerous curricula for school- and community-based prevention, including Project SMART and Project STAR. The goal of his research has been to identify and evaluate evidence-based prevention programs that reduce the onset of substance use and that can be applied in everyday settings. Groups that have relied upon Dr. Hansen for advice include the U.S. Congress' Office of Technology Assessment; the U.S. Department of Education; the National Institute on Drug Abuse; numerous State agencies and private foundations; the United Nations; the Swiss, Spanish, Mexican, and Portuguese Departments of Health; and the U.S. Information Agency.

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RECOGNITION

Model Program—Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
Promising Program—U.S. Department of Education